

Bye Bye Sugar

Get RID Of The Addiction

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Sugar Is Powerful

It's tasty. It's delectable. It's enticing. It's tempting. It's hard to stay away from.

Sugar is in everything we eat. It's even in the stuff that's not sweet. It's in our food. It's in our drinks. It's in our gum. It's in sauces. It's in seasonings. It's hard to get away from sugar. And companies don't want you to get away from sugar, which is why they put it in everything. They know that the more you consume sugar, the more likely you are to keep eating things with sugar (\$\$\$) since it is so addicting.

Addiction

If you are reading this book, you probably like sugar, and you probably want to get away from sugar, but find it too difficult to do so.

Well, here's how.

It's not complicated, but it does take will-power. To get rid of sugar addiction, you must somehow find a way to get away from it. How can you get away from sugar? Cut it. You can start slow to help ease the process, and there will be withdrawals; this is unavoidable. But remember, it's doable.

Effects of Too Much Sugar

The effects of too much sugar are apparent:

1. Internal and external inflammation
2. Decrease in energy
3. Decline in quality of sleep
4. Increase in irritability
5. Potential increase in skin inflammation
6. Increase in weight gain
7. Increased risk of diabetes
8. Decrease in brain function

These are just a few of the effects that come with the intake of too much sugar. If you are struggling with getting away from sugar, you've probably dealt with some of these.

How To Curb The Addiction

Start slow, and commence a sugar detox.

Each week cut out something that contains sugar.

Example 12-Week-Sugar-Detox:

**Each week has a specific sugary item you are to cut from your diet.

Week 1: Cut soda

Week 2: Cut sugar drinks

Week 3: Cut sugary sauces

Week 4: Cut fast food (yes this has sugar)

Week 5: Cut dessert

Week 6: Cut candy

Week 7: Cut gum with sugar

Week 8: Cut bread (Yes!)

Week 9: Cut Snacks (Yes!)

Week 10: Cut Fruit (Yes!)

Week 11: Cut Starches (e.g., white rice)

Week 12: Cut anything else w/ high sugar

Once you go through this detox process, your body should be balanced again and not have an addiction to sugar. Don't move onto the next week until you master the previous week. Each week, you are to detox from the week's sugary edible *and* the previous week(s) sugary edible.

The Benefits of Sugar-Breaks

It's okay to eat sugar, but what's not okay is overeating sugar. Taking breaks from sugar intermittently throughout the year will help keep your body, mind, and health sharp.

Discipline

It takes discipline not to consume sugar in a world where sugar is everywhere, but when you take control of your diet, you will notice your life improves in other ways as well.

As you control your sugar intake, you will notice your energy increases, you think quicker, you wake up more rested, you sleep better, you have more energy to engage in activities you love and spend it with the people you love, you feel better about your body, your confidence soars, and the list goes on.

Take Control

Never let an outward substance control your life.

Many people are aware that sugar is more addicting than hardcore drugs, which shows how powerful sugar is. If you are allowing sugar to control your life, what does that say about you? Are you going to let a non-living thing control your actions and decisions?

For those of you who cannot go a day without sugar, for those of you who overeat sugar, for those of you who are continually thinking of sugar, this is your sign to make a change.

It won't be easy, but that is okay; it doesn't have to be easy, and it shouldn't be easy. Addictions weren't made to be easy to

overcome, that is why they are addictions in the first place. But I believe you are reading this book because you want to change your behavior. So start today. Take the first step by subtracting one sugary food from your diet this week, and then continue to deduct another sugary food the following week. Keep going until you reach your 12-week mark or until all sugar cravings cease.

What Happens After You Win

Be careful of integrating sugar back into your life if you know you become addicted to it quickly. Focus on eating small amounts of sugar at a time. Instead of getting a box of cookies, get individual cookies. Instead of buying a whole carton of ice cream, buy a single serving of ice cream. Instead of buying a case of soda, get one soda. Instead of purchasing a jug of juice, buy a small bottle of juice. Instead of purchasing an oversize bag of candy, get one individual candy. I think you get the point here. The goal is to set yourself up for success and not failure. It is too easy to succumb to old habits and addictions, so be on guard for old patterns and behaviors that lead you back to places you don't desire.

Make A Commitment

Make the following commitments today:

1. I will not be led by sugar
2. I control what I eat
3. I am in charge of my life
4. I will be disciplined
5. I will keep my word to myself
6. I will not allow external substances to make decisions for me

Your health matters, and living a life with any addiction is a limiting and unproductive way to live.

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